



PERSONAL
TRAINER

Skill **Access**

English for

Personal Trainers

Level A2 Beginner
(TOEIC 225-545)



consultation 挨拶

Vocabulary

- | | | |
|---|------------------|----------------|
| 1 | work out | 運動する、トレーニングする |
| 2 | basically | 根本的に、大筋で |
| 3 | lose | 〔体重を〕減らす、～を失う |
| 4 | gain | 体重が増える、太る、獲得する |
| 5 | want | ～が欲しい |
| 6 | tired | 疲れた |

Practise

- Trainer :** Good morning Mr.____ / Mrs. ____.(HAND SHAKE) Good to see you. How are you today?
- Client :** A bit tired but I'm all right. Thank you. How about you?
- Trainer :** I'm great. Thanks. Please come in / this way. Please have a seat.
- Client :** Thank you.
- Trainer :** Ok, so, what's your goal?
- Client :** I wanna lose weight. / I wanna gain muscles.
- Trainer :** Do you work out at the gym?
- Client :** Yes, about twice a week.

Vocabulary

1	grab	掴む
2	keep	持続する
3	bend	曲げる
4	straight	真っすぐ
5	stretch	伸ばす
6	pull	引く
7	handle	ハンドル、取っ手

Practise

Trainer: Grab the handle.

Client: Like that?

Trainer: Yes, great! Keep your arms straight then bend your arms a little / a little more and pull it down.

Client: Wow, it's tough.

Trainer: You're doing great. Ok and then, stretch it out. And one more time.

